

I Claim:

1. A vehicle seat frame comprising:
 - a one piece cast magnesium body having a top and a bottom, two-sides, a front surface and a back surface;
 - an outer perimeter flange on the front surface of the body positioned adjacent each side and the top of the body;
 - an inner perimeter flange on the front surface of the body positioned generally co-extensively with and spaced from the outer perimeter flange;
 - at least one generally horizontally oriented flange extending across the front surface of the body and at least two generally diagonally oriented flanges extending across the front surface of the body.
2. The vehicle seat frame of claim 1, further comprising a plurality of bridge flanges extending between the outer and inner perimeter flanges.
3. The vehicle seat frame of claim 1, wherein two horizontally oriented flanges extend across the front surface of the body and are positioned generally at a lower region of the body.

4. The vehicle seat frame of claim 1, wherein said body includes an aperture position in an upper region of the body.

5. The vehicle seat frame of claim 4, wherein the aperture is dimensioned to extend across at least one-third of the lateral dimension of the body in said upper region.

6. The vehicle seat frame of claim 1, wherein the at least one horizontally oriented flange and the at least two diagonally oriented flanges extend outwardly from the front surface of the body to a greater extent adjacent the perimeter of the body than at an inner region of the body.